

**NUTRITIONAL INFORMATION - PERI CHICKEN W/RICE**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	266 cal	368 cal	490 cal
Protein	27g	34g	45g
Fat, total	3g	4g	6g
saturated	>0.1g	1g	1g
Carbohydrate, total	33g	48g	65g
sugars	>0.1g	>0.1g	1g
Sodium	32mg	40mg	53mg

**NUTRITIONAL INFORMATION - PERI CHICKEN W/SWEET POTATO**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	228 cal	310 cal	414 cal
Protein	26g	33g	44g
Fat, total	3g	4g	6g
saturated	>0.1g	>0.1g	1g
Carbohydrate, total	22g	33g	44g
sugars	>0.1g	>0.1g	1g
Sodium	32mg	40mg	53mg

**NUTRITIONAL INFORMATION - PERI CHICKEN W/PASTA**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	309 cal	432 cal	576 cal
Protein	31g	41g	55g
Fat, total	5g	6g	8g
saturated	1g	1g	1g
Carbohydrate, total	33g	48g	65g
sugars	2g	3g	4g
Sodium	47mg	62mg	83mg

**NUTRITIONAL INFORMATION - PERI CHICKEN W/VEGETABLES**

Servings per package: 1	Servings size:		
	SMALL	MEDIUM	LARGE
	270G	350G	400G
	SMALL	MEDIUM	LARGE
Energy	164 cal	196 cal	249 cal
Protein	26g	32g	42g
Fat, total	3g	4g	5g
saturated	>0.1g	>0.1g	1g
Carbohydrate, total	6g	6g	6g
sugars	4g	4g	4g
Sodium	62mg	70mg	83mg